

JOINT DISLOCATION

Abu Ashekh Malek

Mentor – prof. Shychuk V. D.

Sumy State University

A joint dislocation, or luxation occurs when there is an abnormal separation in the joint, where two or more bones meet. A partial dislocation is referred to as a subluxation. Dislocations are often caused by sudden trauma on the joint like an impact or fall. A joint dislocation can cause damage to the surrounding ligaments, tendons, muscles, and nerves. Dislocations can occur in any joint major (shoulder, knees, etc.) or minor (toes, fingers, etc.). The most common joint dislocation is a shoulder dislocation. Symptoms: intense pain, joint instability, deformity of the joint area, reduced muscle strength, bruising or redness of joint area, difficulty moving joint.

Treatment. A dislocated joint usually can only be successfully 'reduced' into its normal position by a trained medical professional. Trying to reduce a joint without any training could result in making the injury substantially worse.

X-rays are usually taken to confirm a diagnosis and detect any fractures which may also have occurred at the time of dislocation. A dislocation is easily seen on an X-ray.

Once a diagnosis is confirmed, the joint is usually manipulated back into position. This can be a very painful process, therefore this is typically done either in the emergency department under sedation or in an operating room under a general anaesthetic.

It is important the joint is reduced as soon as possible, as in the state of dislocation, the blood supply to the joint (or distal anatomy) may be compromised. This is especially true in the case of a dislocated ankle, due to the anatomy of the blood supply to the foot.

After a dislocation, injured joints are usually held in place by a splint (for straight joints like fingers and toes) or a bandage (for complex joints like shoulders). Additionally, the joint muscles, tendons and ligaments must also be strengthened. This is usually done through a course of physiotherapy, which will also help reduce the chances of repeated dislocations of the same joint.

Актуальні питання теоретичної та практичної медицини : збірник тез доповідей II Міжнародної науково-практичної конференції студентів та молодих вчених, м. Суми, 16-18 квітня 2014 р. / М.В. Погорєлов. - Суми : СумДУ, 2014. - С. 308.